

## ABSTRACT OF THE DISCLOSURE

An elongated bumper core of a polyolefin-based resin-containing foam having a density of  $0.045\text{--}0.2\text{ g/cm}^3$  and showing a compressive load of  $F_{20}$  at 20 % strain, a compressive load of  $F_{40}$  at 40 % strain and a compressive load of  $F_{60}$  at 60 % strain when compressed by a rigid pipe having an outer diameter of 70 mm at a compression speed of 500 mm/minute, wherein the ratio  $F_{20}/F_{40}$  is in the range of 0.6-1.3 and the ratio  $F_{60}/F_{40}$  is in the range of 0.75-1.3.